

Save Your Breath

An estimated 24 million Americans have chronic obstructive lung disease (COPD), according to the American Lung Association.

Did you know:
Your activity level diminishes if you have trouble breathing?

Take these common-sense steps to protect your lungs:

Take Action

- Don't smoke. If you do – stop! Smoking damages your lungs and dramatically increases your risk of developing COPD, lung cancer, sleep apnea, asthma and other respiratory illnesses.
- Avoid second-hand smoke, especially in confined areas like bars.
- Wear a mask or a respirator when working around dust, chemicals, paints and solvents, such as varnish, paint thinners and adhesives.
- Limit outdoor activity when ozone levels are high.
- Check your house for radon gas; ventilate to reduce dangerous concentrations.
- If you have asthma, identify and try to avoid flare-up triggers.

Source: American Association of Respiratory Care

Know the Symptoms

See a doctor if you have any of these symptoms:

- Lingering cough
- Excess mucus production
- Shortness of breath, especially with exercise
- Wheezing (a whistling sound when you breathe)
- Chest tightness or pain

Already have a chronic lung condition?

Take advantage of a FREE health improvement program administered by Alere – the leader in personal health support services. **Call (866) 674-9103** today to talk to a nurse about ways to:

- Slow disease progression
- Gain more energy
- Recognize early symptoms that could lead to hospitalization

